By ELIZABETH LATTIMER.

\$1 PAID FOR EACH DOLLAR SAVED

How I Saved a Dollar. Here is a chance for every one

to earn a deliar by telling how she has saved a dollar. It may be a dollar or more. It may have been saved in a day or a week. However, all that matters is HOW it was saved.

\$1 saved and \$1 carned by the telling of the saving makes \$2. How about it? Be brief and write

only on one side of paper.

I will award a prize of \$1 each
day for one of the suggestions
which I print.

P. S.—If you want a prize, you must be willing to have your name and address used, because that is only fair to other contestants, who have a right to know that each

day's prize winner is an actual per-son. However, I am delighted to have all sorts of ideas sent in, which, if not given a prize, will be printed with initials only and

help the other readers.

If your first letter doesn't get a prize, try again. Even if it does,

that is no bar to your getting another if your idea is worth it.

cakes and cookies that contain little

fat; cane sugar, plain candies, ma-ple sugar, sweet chocolate, jellies,

preserved fruit, jams, marmalades.

honey, molasses, syrups and dried figs, dates and other dried fruits.

Here are some recommended com-

Sandwiches with sliced, tender meat for filling; baked apple, cookies, or a few lumps of sugar. Slices of meat loaf or bean loaf; bread and butter sandwiches; stew-

salad dressing; orange, apple, a mixture of sliced fruits or berries; cake.

custard; felly sandwiches.
Cottage cheese and chopped greenpepper sandwiches, or a pot of cream

cheese with bread and butter sand-wiches; peanut sandwiches; fruit;

Hard-boiled eggs; crisp baking

powder biscuits; celery or radishes;

brown sugar or maple sugar sand-

wiches.
Botile of milk; thin cornbread-

Raisin or nut breau with butter; cheese; orange; maple sugar.

wiches; apple sauce; sweet choco-

Nearly everyone knows the neces-

A container that can be

sity of dainty wrapping and packing if an appetizing lunch is to be the

sealed, plenty of paraffin paper, a

jelly cup with a cover, and bottles

with screw tops all assist in the

Today's Economy Prize goes to the

DEAR ELIZABETH LATTIMER:

DEAR ELIZABETH LATTIMER:

Last spring when gathering up things for the rubbish man, I threw in a pair of red felt bedroom slippers and any other of high-top leather shoes, but lates took them out. The outer soles of the slippers were completely gone; there was even a hole through the inner soles. With a pair of strong scisors I removed the ragged outer soles and the padding. Then I put a strong piece of cloth over the holes in the inner soles, basting it firmly in place and made paddings from cotton batting. Then from the uppers of the old leather shoes I cut outer soles and sewed them to the slippers with linen thread, using the overcast stitch. The finished slippers looked well and were yet comfortable. I am wearing them yet as house shoes.

MRS MINNIE LINDRERG

house shoes.
MRS. MINNIE LINDBERG,
29 M street northwest.

The Police of

the Body

By Brice Belden, M. D.

TUCH of our understanding of

based upon the cellular

IVI the processes of disease is

theory of Virehow. He conceived

of the body as a cell-state or cell-

republic, a government "of the

These cells give good citizenship

service in return for rations and

fuel. It is true that they occa-

sionally rebel and produce a cancer,

but in the main their service is be-

Now disease can always be traced

to some disturbance of the citizen

cells. Such a disturbance is usually

initiated by some Bolshevist in the

In a general way we may con-

ceive of the cells as fixed and mobile.

The fixed cells are a kind of infan-

try, making an effective stand

against enemy germs which happen

to get by the white cells, or cavalry.

The red cells of the blood manage

the oxygen-transportation system,

carrying this precious element

from the lungs to the tissues, and

The moment the white cells, or

sanitary police of the blood, receive

an alarm from certain messenger substances thrown into the blood

(harmones) they gallop to the in-

vaded area prepared to destroy the

enemy or perish in the attempt.

look for trouble and to go over the

The sanitary police of the blood

top with gusto when trouble comes

also patrol the alimentary canal,

ucts of our own directive p. ocesses.

than the heroic loyal team work of

citizen cells in the interest of the

body as a whole. It is biology that

furnishes this example of an effi-

cient democracy at work, and we could well afford to take a lesson.

The humblest cell in the body has

a distinct individuality and im-

portant functions. Only by its sufferance do the higher centers rule.

It is not a mere slave.

There is nothing more wenderful

preventing poisoning by the

These policemen of the blood love

It is their business to

hence belong in the mobile class.

form of an invading germ.

youd praise.

cells, by the cells, for the cells."

Baked bean and lettuce sand-

and butter; dates; apple.

making of a dainty lunch.

House Slippers

following letter:

That Cost Nothing.

Lettuce or celery sandwiches; cup

ed fruit; small frosted cake. Crisp rolls, hollowed out and filled with chopped meat or fish, mois-tened and seasoned, or mixed with

Some Suggested

Basket Lunches.

binations:

ELIZABETH LATTIMER.

it was saved.

OW much time and thought do you put on your children's lunch basket? "Children have such appetites that they will cat anything." is a remark often heard. They may have good appetites now, but if school children are allowed to eat the wrong things, the time may come when they can't eat the right things.

Growing children have certain special needs in the way of foods. Like grown people, they must be supplied with that which is necessary for health and strength, but, unlike them, they should be given

unlike them, they should be given also that which is necessary for de-

Even one hot dish obtainable at school at noon makes the lunch more appetizing, and many schools are now providing it. When a child must carry lunch and cannot obtain at school a hot dish, the task of fillng the box or basket demands great are to make sure that it is appetiz-

one of the best investments to make for a child who carries his lunch to a school that does not serve a hot lunch is a bottle which will keep liquids hot or cold for some time. 'Cocoa, or soup piping hot on a cold day, will make a feast out of an otherwise uninteresting lunch. Five Groups

Of Food Needed. In general, the school lunch, like the child's diet as a whole, should contain representatives of five food groups. In it should be found foods rich in protein, such as milk, cheese, meats, fish, dried beans, peas, peanuts and other nuts; cereal or starchy foods, such as bread, cereal mushes, rice and taploca; fatty foods, such as butter, cream, salad oils and bacon; vegetables and fruits, but such as cereals and dried

## Borders at a Profit

beans are not put under this classi-

fication; simple sweets, including

By Loretto C. Lynch. An Authority on All Matters Relat-ing to Household Problems.

A BUSINESS woman in the city of New York met me the other day with a countenance. beaming with ecstasy and said: "Well, at last—I've gotten into Mrs. Benson's boarding house. You know my name was on her list one year, and when she noti-fied me that I might come I just jumped with joy."
I was interested immediately.

She was not the first person who had talked delightedly of Mrs. Benson's. And I decided that I would find out why it was that Mrs. Benson had a waiting list while many boarding house keepers were scarcely making expenses. And so I accepted my friend's invitation to dine at Mrs. Benson's boarding

house that very evening.

Mrs. Benson greeted me in a spotless white uniform—there didn't seem to be a single lock of her wavy iron-gray hair out of place. She was a Southerner, a lady, indeed, forced by circumstances to leave her home in the South and seek a living in the metropolis. She had a large brown-stone house in a very desirable location. There were ten sleeping rooms, delightfully furnished, and she served fifty people at dinner each evening.

The ten sleeping-rooms accommodated sixteen. These she had for breakfast as well as dinner. The number who took luncheon at her lace each day averaged about fifty. The boarding house was not one of the cheap ones of fiction, but a particularly attractive one that charged a fair price and catered to folks who appreciated "perfect"—yes, I mean "perfect" cooking in as much as any human performance may be perfect. After dinner I asked her to tell me some of her secrets of success.

You may like to know them,
"Long ago," she began, "I realtred that the most sought for tables in a restaurant are the small ones, where folks may chat with some de gree of privacy. I capitalized this from the beginning, and I have no iong tables in my establishment. I realize that by dong away with these small tables I could squeeze in a few more diners, but I prefer to give folks what they wish in

The table cloths were snowy white and there was a beautiful shaded lamp on most every table. Each table had a pretty fern dish, with a good, live fern collection in The woodwork of the room was done in white enamel.

The walls were painted creamy yellow. There were a few well-chosen pictures on the wall. And the creamy-yellow cre'onne with a wilderness of large red and pink roses and cool green foliage printed upon it hung at the windows and gave cheer even on the dullest days. The chairs were mahogany-finished birch with cane bottoms. But the tables of various woods, I was told, were done over to look like mahogany, but were always covered by table c'oths

"The first two years I ran this boarding house," Mrs. Jenson continued, "I used to give my guests a card after Sunday dinner with the equest that they name some dishes they'd particularly like to have me ook at some future time. Muchasked-for dishes I carefully noted and in planning future meals I worked them in.

"Another thing I particularly noted was the foods that were returned. I noted also how much was returned of portions served. So that now I am able to gauge exactly how much to serve." The boarding mistress pointed

out a very prosperous-looking gentleman who apparently was able to afford more than the \$25 a week he paid for his room and board.

That gentleman leaving the room s with me over five years. He is a business man, and used to have a room at the Hotel M- and eat a la carte. But he tells me that he particularly likes the 'balance' of my meals and the element of surprise they usually possess. He found it unusually annoying to his mind to have to think just what vegetables to order with a certain meat, and an appropriate soup and dessert. His dinner is served to him without worry or pother on his part."

## Treasures of Old Romance



# The Care of Food

By Loretto C. Lynch. Authority on All Matters Pertaining to the House.

THERE seems to be little indeed that the housewife can do to reduce the high cost of foods. But whether we will or no, we must admit if only to ourselves, that oftentimes food is spoiled after it comes into the home. In other words, it is improperly cared for

Yet today, of all times, every woman should make proper effort to care for the food that comes to the home. Some one has worked hard to earn that food and a high price has been paid to obtain it. Just how should it be cared for

No food should be kept in paper packages, paper boxes or sacks. Tightly closed glass jars make excellent containers. These are insect and moisture proof. Label each distinctly.

Dried fruits should be scalded when they come into the home, scrubbed thoroughly, dried and put away clean.

Eggs are often purchased at a very high price because of their freshness only to come to the table anything but fresh. The shell of an egg is porous and if the egg is allowed to remain in a warm room it loses some of the shell content by evaporation. When eggs come to the home the shells should be wiped with a damp cloth and the eggs placed in the refrigerator. If no ice is on hand let the eggs stand in a bowl of cold water.

Butter should be placed in a stone crock and covered. This, together with the milk, should be placed in the bottom shelf of the refrigerator that any odors that might arise from other foods will be less likely to permeate them. If loose milk is purchased it

should be stored in well-scalded, cooled covered glass jars or cans If it is purchased in bottles, the mouth and top of the bottle should be thoroughly washed before being placed in the refrigerator. Never wrap bread in cloths Keep it in tin boxes or stone jars, which should be scrubbed out.

sca'ded and aired at least once a Cakes, cookies, doughnuts, etc.,

should be stored in tin boxes or stone crocks . . Nuts, if purchased shelled, should

scalded, dried thoroughly, wrapped in wax paper and stored in glass jars. Potatoes and other tubers should be stored in a dark

Green vegetable should be put into cold water or washed and laid between folds of cloth or paper and put into the refrigerator or in a

Meat should be removed from the paper as soon as it comes from the Paper absorbs the nutriment meat and thereby causes waste. Before using it ment be wiped with a damp meat seems in danger just sear it in a little het fat in the frying pan. This will help keen it. cooked or partially cook keeps longer than raw ment under

similar circumstances.
So much for raw foods. Many bits of usable food, however, are many homes. No wasted in too many should ever sour milk, for instance, should ever the sink. Half cupful of sour milk is called the ginger bread, molasses cook led et Cottage cheese may be read from thick sour milk. Sour milk a used in griddle cakes, waffles and some

The Toonerville Trolley That Meets All the Trains. By FONTAINE FOX.



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#### For Fastidious Women

By Rita Stuyvesant.

HIM GET HIS HANDS' WARM.

".UMBER robes light and slumber robes dull is fashion's program for the present season.
different, indeed, from the one finds for bedtime wear.

old-time nightgown are the new robes for sleeping hours. From black to white, with all the colors between, is the wide variety of colors one has to select from. Fine lingerie, batiste, French volle, crepe de chine, washable satin, georgette, chiffon, and crepe de meteor are among the materials A dainty nightie that is simple, yet effective, comes in white French voile, double crossed with rose. It

is a sleeveless model shaped to a

point on either shoulder and edged

with fine filet edging. The bottom is also shaped and is cut up slight-ly at the sides. It is finished with

the filet, and shows bits of old blue ribbon both on the shoulders and bottom. To define an Empire waistline there is a row of beading with old blue ribbon drawn through.

This delightful model also comes' in white voile, with squares marked in lettuce green and trimmed with pale lavender ribbons, or you may choose squares of orchid on a white background with light green ribbons.

Bizarre slumber robes select black georgette crepe for their material and fine chantilly or Venetian lace for their decoration. One interesting "nightie" favors a deep yoke of the lace, and accordion pleats the lower section. A bit of Chinese yel'ow cord lends an attractive color note that gives tone to the somber

For the winger bride there was

recently designed a night dress of peach colored chiffon, fine lace, and pa" ribbons that was exquis-Straight and gracefrom lace shou'der a ribbon was turned into breast. Insted of the usual the hottom, three rows of lace raffled itself in true petticoat

Many women prefer the tailored type of rightle, and for those there are smar robes in white or flesh crepe de bline hemstitched attracribbon or lace is used in the tallored gown, for one reller solely on its quality, color, and clever lines for its selection. Short s'eeves cut in one with the body are popular, with short necks, and sometimes short pokes, Washable satin a so makes a smart tailored nightgown

# When a Girl Marries

By ANN LISLE.

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CHAPTER CCXX. OU might have been decently cordial to Evvy," Jim snapped as we were driving. "When I asked her to stay to dinner, she had more than half mind to stick, and then you froze

"I know I did," I replied serene ly, floating the cream in his pet

Jim looked up in astonishment "Well, you're a cool hand, Anne, confessing that you snubbed one of my oldest friends in your own home. And right after she invited us to "he country for a week-end." was one of the reasons,"

determination that nothing should make me' lose my good-tempered equilibrium. I counted on Jim's ense of humor to conquer h sure enough it did. ique, and

answ. d. smiling with the firm

"So when people invite you out you snub them in return-to make it harder, I suppose. Think the law of supply and demand works socially, eh what Anne? The more difficult you are to capture, the more you'll be valued or some thing like that -

"When a woman forces an invi tation on me after I ve declined it, I show her I'm at least clever enough not to offer her an invitation I know too well she won't de cline, I answered enigmatically, knowing very well Jim would give me my chance by asking what I

He did. So I told him how Evvy had invited me down for the week end and how, after I'd said we were booked, she'd hung around jus long enough to seem to forget and to repeat the invitation to him in a way he wasn't likely to refuse.

A Clever Kld.

"Clever kid, Evvy!" was Jim's amused comment. "But it's pretty decent of her just the same Crosby will be no end tickled to have Val meet the people whose homes are near Mason Towers. Our old place is less than half a mile away. I'll show it to you, Anne. that I'm getting more solid with Colby every week, we'll buy it back some day. And Evvy didn't out one over on your stupid husband, as you appear to think. She merely played into my hand by getting up this party."

"I sec," I replied, glimpsing at Jim, whose quiet determination to go where he had started was new

"So you may see why your turning Evvy out so coolly tonight would have made me pretty mad if it had spilled the beans and had caused Evvy to call off the party." I stared understandingly at Jim's hard, set jaw and smiled back my

"She won't, Though. Not Evvy. She has a game of her own to play Jim, and I've an idea that Crosbys are counters. But there's another reason why I let her go tenight. I had to be alone with you. Jim. To talk to you-seri-

"It's not-for me, Jim, it's Phoebe. She's in great trouble." "Oh, think up a better one, Anne,

I know you're trying to put some-thing over. But if Phoebe's in thouble, since when does she fly to you?" laughed Jim, eyeing me ily, "Say, girlie, you look good to me tonight. How'd you like to go to a show — and somewhere to dance? I'll give you all the money you need if you're broke, but don't hand me out any yarns tonight."
"But it is Phoebe!" I cried, "She still in love with Neal and Dick West is trying to make her marry

"Of all the romantic balderdash!"

laughed Jim. "Are you going to buy West off so Phoebe can marry

DRAWN BY

C. D. BATCHELOR

your kid brother?" "Jim, listen," I begged. take this seriously. It's life and death to Phoebe. She's been playing the market-and losing. Dick West puts up her margins for her and she was to pay him back out of her winnings. Only she didn't win. And now he's persecuting her"-

"Rot!" interrrupted Jim vigorously. "This is the second time you've come to me with a wild tale about But it's you who are doing the per secuting. And I won't have it. Do

"Yes-but you don't get me!" I said speaking rapidly for fear Jim would interrupt me again. "Phoebe thought she-liked Mr. West. Then he tried to make love to her and she knew she couldn't marry him. You don't know what a nice girl's sensibilities are-you can't know. being a man. And she told him she couldn't care. Then he began threatening her and suggesting

the things people would say when they found out she's been letting him-sort of give her money. Don't you see-can't you understand?" "I see you aren't sane when it comes to West, Anne. And I suppose you managed to turn Phoebe against him. Dollars to doughnuts you've got the whole thing wrong. I'll bet West never invested a cent for Phoebe.

"But she told me." I began in amazement, and then went on wildly trying to find some phrase that would impress Jim with the reality of what I was saying. "She's half mad with fright. He threatened mad with fright. her. She owes him a thousand dollars or more. Jim. I gave her my check for five hundred today. Don't

you see? Won't you see?"
"I see that you aren't going to give me any peace tonight," re-et to his feet and shaking down it's trousers in a limping step or two. "Now, look here. Anne. I'm going to get at the bottom of this. First you insist West is double-crossing Ferry. Now it's my little siste I'm going down and look over the books. And if you eren't afraid this story will show you up as a regular sob-sister, come along to the office with me." "Tonight." I gaeped—"Right now." septled Jim

(To Be Continued).

## Household Suggestions

MBROIDERY of every kind that has been worked or cleaned with petrol should be ironed on the wrong side to throw the embroidery into rollef. Underneath there should be a soft pad of several thicknesses of flannel, so a that the embroidery can sink into it without being flattened.

Japanned ware should not be washed with very hot water, as ic will cause the varnish to crack.

When making a cream sauce put the milk on to heat and rub the bufter and flour together until smooth; stir this into the boiling milk gradually and the saves will be smooth.

Instead of always folding table cloths lengthwise, it is an excellent plan sometimes to fold them the other way, as they are been Bling to wear out if the face occasionally changed.